

## ABSTRACT

This invention relates to the sphere of heating engineering. This liquid medium heating or cooling method foresees supply of a cooling or heating liquid medium into the flowing channel and its successive heating or cooling in this flowing channel on two stages at least. At that the flowing channel, which is divided for several cooling or heating stages of the equal length, whereas a temperature of each stage (from the first one to the next) is increasing in spurts and in direct proportion in the case of heating; and decreasing in the case of cooling respectively. At that, a cooling or heating liquid medium is pumped into a flowing channel tangentially angle-wise towards generating ray of the flowing channel on the liquid medium inlet at a temperature of 45°C to 90 °C. Herewith an increasing efficiency of the liquid medium heating or cooling processes is achieved as a result.